Blood Pressure

- Blood Pressure is used as a measurement of cardiovascular efficiency and health. The pressure ranges from the highest pressure in the arteries (systolic) as the heart contracts and ejects blood into the body, to the lowest pressure as the heart relaxes (diastolic) Blood pressure is commonly measured within the arteries of the arm.
- The average adult resting value is 120/80 although normal ranges include 100/60 to 140/90
- BP measures the pressure blood exerts against the walls of the arteries. The amount of pressure depends on the strength and rate of the heart's contraction and on the condition (elasticity) of the arteries.
- High Blood Pressure *(hypertension)* is a major disorder that requires treatment. If left untreated, it can damage the heart, blood vessels and kidneys. A high blood pressure patient has a consistent reading of greater than 140/90.

Nov 9-5:42 PM

- Low Blood Pressure *(hypotension)* is often normal for some people but can be caused by medications or illnesses. 100/60
- High Blood Pressure where the systolic and diastolic values are close together ie. 160/135 are particularly dangerous as it indicates poor elasticity in the arteries.
- Blood pressure is greatly affected by sedentary lifestyle, high fat diet, stress, high salt diet, and being overweight.

Nov 9-6:09 PM

Questions from ACBp 102,105,106, 107

1) Differentiate between the pulmonary circuit and systemic circuit.

2) Explain how the electrical impulses travel through the heart and cause the myocardium to contract.

3) What is an ECG? Give the full name and explain it.

4) What are coronary arteries? Why would a blockage in this area be so serious?

Nov 9-6:18 PM

Questions from ACBp 102,105,106, 107

1) Differentiate between the pulmonary circuit and systemic circuit. pumps blood to the lungs – right
pumps blood to the body – left

2) Explain how the electrical impulses travel through the heart and cause the myocardium to contract.
SA Node → purkinje fibers – throughout heart

3) What is an ECG? Give the full name and explain it.
Electro-cardiogram

4) What are coronary arteries? Why would a blockage in this area be so serious?
arteries that specifically supply the heart w/ O_2
- blockage causes death to tissue not supplied with O_2

Myocardial Infarction

Nov 9-6:18 PM

Tuesday Nov 3rd
VO_2, Lab
Tuesday Nov 10th
Test

Oct 26-12:38 PM

Oct 25-1:42 PM